



Salty Fudge Brownies



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 0.3 cup water
- ☐ 0.7 cup vegetable oil
- ☐ 2 eggs
- ☐ 0.5 cup pretzels crushed
- ☐ 1 serving sea salt to taste

Equipment

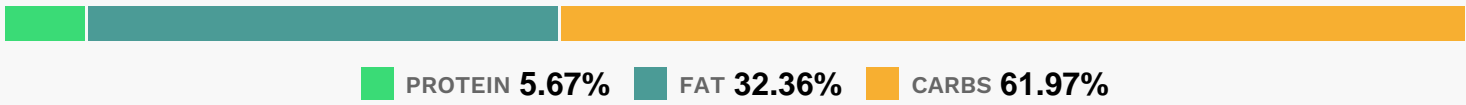
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In medium bowl, stir brownie mix, water, oil and eggs until blended. Stir in crushed pretzels.
- ☐ Spread in pan.
- ☐ Bake about 25 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool on cooling rack about 1 hour.
- ☐ Cut into 6 rows by 4 rows.
- ☐ Sprinkle brownies with salt.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:0.80000000187884%

Nutrients (% of daily need)

Calories: 116.06kcal (5.8%), Fat: 4.18g (6.43%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.95g (6.53%), Sugar: 10.59g (11.77%), Cholesterol: 13.64mg (4.55%), Sodium: 96.12mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Iron: 0.74mg (4.1%), Vitamin K: 2.28µg (2.18%), Selenium: 1.2µg (1.71%), Vitamin B2: 0.02mg (1.31%), Folate: 4.74µg (1.19%)